



Computer Monitor Height Guidelines

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The top of the monitor should be at or below seated eye height...

- *At or above eye height if you sit back deeply*
- *Lower if you also work with hardcopy on the desktop*
- *Lower if you view through the lower part of bifocals or progressive lenses*
- *Lowest if you look at the keyboard as you type*



For more information, contact the Ergo Team x5818 or ergo@lbl.gov